I was born in Saudi Arabia. I graduated from High school 2012. I didn’t know what to do next. I didn’t have a plan for my future. I didn’t even know what to study if I go to the University. I was lost at that time. By the time I was applying for jobs and colleges around, my father came up to me, and I ask me “ Have you though to go out of Saudi Arabia to continue your education?” my answer was immediate “ No way.”

Because I cannot speak English. A week later, my father came to me and told me to pack up my stuff and get ready to go the USA.

I tried to say no but I he insisted. Then I went to the USA to continue my education. First lived alone, because I didn’t know anyone and barely can make any friends. I started going to school. And I felt that I am getting bored and I needed to do something fun. So I decided to go the gym and exercise. Then I met someone his name is Choa King. He born in China but raised in the USA. Choa is a huge guy. He likes to exercise every day. He saw me doing the wrong exercise, and he did not want me to get hurt.

So he came to talk to me and explain the right way to do it. So we started to meet every day and one day he asked where do I live and with whom. I told that I live alone because I don’t speak English pretty well and I’m afraid to make friends. Then he asked to move in with him. I liked the idea because he is really cool. So I moved in with him. And stated to help me with everything homework and school. Even he introduced me the culture. It was really good experience. Then I started to go to the gym with him every day.

A few months later I got addicted to the gym. After he taught to workout and how to monitor my diet. One year later, He graduated from school and had to move out to Provo to live with his mother. Two years later, without missing a day from the gym. I decided to compete. I took a huge step in my life. 2016, was my first show ever. I competed, and I placed 6th.

I was not satisfied, but it was my first try. He was proud of me. He has not even done a show before. So I told him to give it a try. I convinced him. He is going to compete the next year 2018 with me. Now I am teaching him how to compete. Going to the gym every day brings a lot of memories to me.

In the beginning, He asked me to go the gym with him, but I refused because I didn't have any desire to go. But he convinced me to come with him to the gym; He said " just give it a shot " I said " Ok well see how it goes " then it wen great, So I started to go to the gym with him every time he goes. Working out just became my favorite hobby.